

GOLF EXERCISER**Abstract**

A golf swing exerciser uses two lengths of resistance cords or tension elements connected to an exercising handle so that one of the
5 cords extends to an upper resistance region on a back swing side of the exerciser and the other resistance cord extends between upper and lower resistance regions on a back swing side of the exerciser. The cord from the upper resistance region resists downward
10 movement of an exercising handle from a back swing region, and the cord extending between the upper and lower resistance regions resists lateral movement of the handle into a hitting region. The combined resistance of both cords significantly increases as the handle moves into the hitting region.